

Woodie’s DIY AAI Indoor Games

Nenagh - 17th January, 2010

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Men's 60 m						
Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	318	Russell, Christopher	Ferrybank A.C.	7.06		7.03
2	323	Phelan, Patrick	Tralee Harriers A.C.	7.02		7.03
3	1092	Hynes, David	Menapians A.C.	7.06		7.06
4	307	O'Shea, David	Dooneen A.C.	7.09		7.07
5	319	Hannon, Eoin	Tullamore Harriers A.C.	7.19		7.19
6	322	Crowley, John	Dundrum South Dublin A.C.	7.23		7.22
7	330	Whelan, Alan	Tullamore Harriers A.C.	7.42		7.35
1	321	Egbeyemi, Olawale	St. L. O'Toole A.C.	7.47		7.42
2	306	O'Shea, Gerard	Corbally A.C.	7.53		7.45
3	324	Kidd, Andrew	Dundrum South Dublin A.C.	7.49		7.51
4	308	Hogan, Simon	Dooneen A.C.	7.55		7.53
5	1076	Kennedy, Clarence	St. Brendan's A.C.	7.67		7.65
6	1080	Roche, Dylan	St. Brendan's A.C.	7.66		7.72
7	314	Conway, Emmett	Glenmore A.C.	8.01		8.06
8	1045	Roland, Pika	Limerick A.C.	7.70		9.18
1	1049	Downes, Kieran	Limerick A.C.	7.73		7.72
2	312	Zulu, Derek Mcebo	Fethard A.C.	DISQ		7.82
3	1048	Carew, Fionn	Limerick A.C.	7.79		7.82
4	1079	Dennesen, Ben	St. Brendan's A.C.	7.87		7.83
5	1098	Griffin, Tomas	Riocht A.C.	7.79		7.87
6	1082	Nolan, Stewart	St. Brendan's A.C.	7.94		7.93
7	1040	O'Brien, Mike	Limerick A.C.	7.92		7.96
8	1047	Mangidi, Gussi	Limerick A.C.	8.06		7.96
9	1014	Foley, Ronan	Togher A.C.	8.13		8.31
	1005	Hensey, Gerard	Tullamore Harriers A.C.	7.40		
	301	Tobin, David	Trim A.C.	7.57		
	1060	Quilligan, David	Leevale A.C.	7.27		
	1072	Kelly, Ross	Belgooly A.C.	7.94		
	1023	Finnegan, William	Craughwell A.C.	7.78		
	1041	Coleman, Conor	Clonliffe Harriers A.C.	7.36		
	315	Gyomder, Zoltan	Dooneen A.C.	7.55		
	311	Laffey, John	Clonliffe Harriers A.C.	7.16		
	1078	O'Keefe, Luke	St. Brendan's A.C.	7.81		
	1025	Byrne, Kevin	Dundrum South Dublin A.C.	8.15		
	320	Lynch, Colm	Iveragh A.C.	7.51		
	303	Finnegan, Denis	U.C.C. A.C.	7.70		
	329	Clancy, Stephen	Leevale A.C.	8.56		
	1069	Muldowney, Eoin	Castlecomer A.C.	7.32		

Men's 60 m Hurdles						
Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	309	Lyons, Jeremy	Clonliffe Harriers A.C.			8.97
2	1076	Kennedy, Clarence	St. Brendan's A.C.			9.20
3	1023	Finnegan, William	Craughwell A.C.			9.67
	1079	Dennesen, Ben	St. Brendan's A.C.			DNF
	304	Barry, Joe	Templemore A.C.			DNF

Men's 200 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	328	Kelly, Kieran	Raheny Shamrock A.C.	23.29		23.00
2	1069	Muldowney, Eoin	Castlecomer A.C.	23.57		23.23
3	1017	Boyce, Brian	Letterkenny A.C.	25.52		25.81
	1078	O'Keefe, Luke	St. Brendan's A.C.	DNS		
	315	Gyomder, Zoltan	Dooneen A.C.	23.72		
	1041	Coleman, Conor	Clonliffe Harriers A.C.	24.02		
	1049	Downes, Kieran	Limerick A.C.	25.30		
	1098	Griffin, Tomas	Riocht A.C.	25.66		
	1072	Kelly, Ross	Belgooly A.C.	26.30		
	309	Lyons, Jeremy	Clonliffe Harriers A.C.	DNS		
	306	O'Shea, Gerard	Corbally A.C.	23.82		
	1045	Roland, Pika	Limerick A.C.	24.93		
	312	Zulu, Derek Mcebo	Fethard A.C.	25.62		
	1080	Roche, Dylan	St. Brendan's A.C.	25.97		
	1047	Mangidi, Gussi	Limerick A.C.	28.30		
	310	Opperman, Paul	U.C.D. A.C.	23.78		
	1005	Hensey, Gerard	Tullamore Harriers A.C.	24.47		
	1048	Carew, Fionn	Limerick A.C.	25.72		
	1014	Foley, Ronan	Togher A.C.	27.02		
	318	Russell, Christopher	Ferrybank A.C.	22.36		
	1092	Hynes, David	Menapians A.C.	22.62		
	330	Whelan, Alan	Tullamore Harriers A.C.	23.62		

Men's 400 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	1099	Upton, Barry	Menapians A.C.			52.08
2	1078	O'Keefe, Luke	St. Brendan's A.C.			55.43
3	1073	Hogan, David	St. Brendan's A.C.			58.00
1	1059	Ownes, Cathal	Leevale A.C.			51.84
2	320	Lynch, Colm	Iveragh A.C.			52.84
3	1074	Galvin, PJ	St. Brendan's A.C.			60.62

Men's 1000 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	1093	Robinson, Paul	St. Coca'S A.C.			2.27.38
2	1003	Mc Brearty, Darren	Letterkenny A.C.			2.27.74
3	1094	O'Brien, Alan	Crusaders A.C.			2.28.36
4	1002	English, Mark	Letterkenny A.C.			2.30.04
5	1018	Maher, Keith	Thurles Crokes A.C.			2.30.98
6	1036	Dunleavy, Emmet	Sligo A.C.			2.31.39
7	1016	Ledingham, James	West Waterford A.C.			2.32.43
8	1006	Kelly, Feidhlim	Raheny Shamrock A.C.			2.33.47
9	1057	Fitzpatrick, Sean	Tallaght A.C.			3.04.62
1	1001	Mooney, Daniel	Letterkenny A.C.			2.35.70
2	1004	Mullins, Aidan	Bantry A.C.			2.44.86
3	1068	Dineen, Stephen	University of Ulster			2.46.85
4	1070	Sheil, Neil	St. Killians A.C.			2.47.75
5	1073	Hogan, David	St. Brendan's A.C.			2.59.30
6	1015	Murray, Derek	Galway City Harriers A.C.			2.59.58
7	1022	Coleman, Michael	Dundrum A.C.			3.00.62
8	1081	Buckley, Adrian	St. Brendan's A.C.			3.23.49
1	1020	Duggan, Ronan	Bandon A.C.			2.40.43
2	1019	O'Donnell, Joe	Galway City Harriers A.C.			2.46.37
3	1056	Somerville, David	Tallaght A.C.			2.48.87
4	1024	Glynn, Brendan	Galway City Harriers A.C.			2.53.03
5	1075	Walsh, Stephen	St. Brendan's A.C.			2.59.58
6	1046	Tola, Alade	Limerick A.C.			3.04.90

Men's 3000 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	1094	O'Brien, Alan	Crusaders A.C.			8.28.69
2	335	Mc Cartan, Patrick	West Limerick A.C.			8.30.47
3	1042	Corcoran, Richard	Raheny Shamrock A.C.			8.32.03
4	1066	Fitzpatrick, Tomas Sen	Tallaght A.C.			8.32.97
5	1035	Conroy, Martin	Sligo A.C.			8.36.82
6	1044	Flynn, Eoin	Rathfarnham W.S.A.F. A.C.			8.41.19
7	1075	Walsh, Stephen	St. Brendan's A.C.			10.59.71
	1043	Fleming, Paul	Rathfarnham W.S.A.F. A.C.			DNF

Men's 3km Walk

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	332	Costin, Jamie	West Waterford A.C.			11.56.29
2	340	Kidd, David	St. L. O'Toole A.C.			12.46.93
3	334	Treanor, James	Shercock A.C.			13.16.39
4	1010	Prendiville, Niall	Farranfore Maine Valley A.C.			13.57.85

Men's Long Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	319	Hannon, Eoin	Tullamore Harriers A.C.	7.08	7.03	6.93	-	7.18	-	7.18
2	1060	Quilligan, David	Leevale A.C.	6.55	6.65	-	6.40	6.69	-	6.69
3	331	Fouroughi, Kouroush	Star of the Sea A.C.	-	6.25	6.13	6.33	6.46	-	6.46
4	301	Tobin, David	Trim A.C.	6.25	5.96	6.06	6.07	6.26	6.31	6.31
5	312	Zulu, Derek Mcebo	Fethard A.C.	6.08	-	5.79	6.06	5.83	5.98	6.08
6	1045	Roland, Pika	Limerick A.C.	5.67	5.51	5.62	5.28	5.73	-	5.73
7	321	Egbeyemi, Olawale	St. L. O'Toole A.C.	-	5.51					5.51
8	1072	Kelly, Ross	Belgooly A.C.	5.43	5.21					5.43
9	316	Griffin, Jerry	Riocht A.C.	4.46	4.73	4.39				4.73
0	1023	Finnegan, William	Craughwell A.C.							
0	1025	Byrne, Kevin	Dundrum South Dublin A.C.							

Men's High Jump

Place	No	Name	Club	1.75	1.85	1.90	1.95	2.05	2.10	2.15	2.18
1	336	Fouroughi, Kouroush	Star of the Sea A.C.	O	O	O	O	O	XO	XXO	XXX
Place	No	Name	Club	1.50	1.55	1.60	1.65	1.70	1.75	1.85	1.90
2	1074	Galvin, PJ	St. Brendan's A.C.	-	-	-	O	O	O	XXX	
3	1076	Kennedy, Clarence	St. Brendan's A.C.	-	-	O	O	XXX			
4	325	O'Grady, Martin	Nenagh Olympic A.C.	O	O	XO	XXX				
5	1025	Byrne, Kevin	Dundrum South Dublin A.C.	O	O	O	XXX				
6	304	Barry, Joe	Templemore A.C.	O	O	XO	XXX				
7	305	O'Riordan, Stephen	Templemore A.C.	-	O	XXX					

Men's Shot Putt

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	313	Breathnach, Sean	Galway City Harriers A.C.	X	15.89	X	X	X	X	15.89
2	1013	Stout, Kieron	Celbridge A.C.	12.67	12.92	12.77	12.80	13.39	12.49	13.39
3	1011	Clifford, Daniel	Farranfore Maine Valley A.C.	12.44	13.01	11.97	12.41	13.20	X	13.20
4	304	Barry, Joe	Templemore A.C.	X	9.02	X	8.92	9.01	9.05	9.05
5	1025	Byrne, Kevin	Dundrum South Dublin A.C.	X	8.29	8.22				8.29
6	305	O'Riordan, Stephen	Templemore A.C.	X	-	X	-	-	6.55	6.55

Men's Triple Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	327	Kelly, Eoin	St. Abbans A.C.	14.57	14.68	14.20	-	14.51	14.11	14.68
2	303	Finnegan, Denis	U.C.C. A.C.	13.45	14.10	14.11	13.60	X	13.48	14.11
3	1012	Counihan, Niall	Dooneen A.C.	13.32	X	X	X	X	X	13.32
4	321	Egbeyemi, Olawale	St. L. O'Toole A.C.	11.72	11.32	-	-	-	-	11.72
5	1076	Kennedy, Clarence	St. Brendan's A.C.	X	X	11.44	-	-	X	11.44
6	1080	Roche, Dylan	St. Brendan's A.C.	10.01	9.67	9.97	-	-	-	10.01
7	305	O'Riordan, Stephen	Templemore A.C.	9.63	9.89	-	-	-	-	9.89

Women's Triple Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
0	1095	Dolan, Cheryl	Na Fianna A.C.							
0	1031	King, Caoimhe	Westport A.C.							
0	1032	Finnegan, Sarah	Craughwell A.C.							
0	1084	Brick, Emily	St. Brendan's A.C.							
0	1028	Bartley, Aoife	Carrick-On-Suir A.C.							

Women's 60 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	1053	Foster, Amy	University of Ulster	7.55		7.50
2	1027	Brady, Claire	Celbridge A.C.	7.58		7.55
3	317	Proper, Kelly	Ferrybank A.C.	7.60		7.57
4	1026	Murphy, Mairead	U.C.D. A.C.	8.06		7.98
	1064	Heinsch, Sophie	Leevale A.C.	8.12		
	1095	Dolan, Cheryl	Na Fianna A.C.	8.47		
	1029	Boyle, Patricia	Cranford A.C.	8.68		

Women's 60 m Hurdles

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	1026	Murphy, Mairead	U.C.D. A.C.		8.89	
2	1063	Byrd, Katey	Leevale A.C.			9.59
3	1034	Buckley, Helen	Raheny Shamrock A.C.			11.94
	1032	Finnegan, Sarah	Craughwell A.C.			DNF

Women's 200 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	1083	Courtney, Ailbhe	St. Brendan'S A.C.	28.71		29.20
	1064	Heinsch, Sophie	Leevale A.C.	26.69		
	1063	Byrd, Katey	Leevale A.C.	27.61		
	1095	Dolan, Cheryl	Na Fianna A.C.	28.93		
	1052	Murphy, Erin	Limerick A.C.	29.11		
	1029	Boyle, Patricia	Cranford A.C.	DNS		

Women's 400 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	1100	O'Brien, Aisling	Celtic DCH A.C.			61.10
2	1051	Mc Ginley, Orna	Clonliffe Harriers A.C.			63.17
3	1084	Brick, Emily	St. Brendan's A.C.			65.62
4	1052	Murphy, Erin	Limerick A.C.			69.10

Women's 3000 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
	1085	Casey, Caoimhe	St. Brendan's A.C.			
	1086	Kehoe, Fiona	Kilmore A.C.			
	1087	Kearney, Niamh	Sli Cualann A.C.			
	1088	Hartnett, Ellie	Sli Cualann A.C.			
	1089	Mc Gee, Aisling	Sli Cualann A.C.			

Women's 3km Walk

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	333	Malikova, Zuzana	West Waterford A.C.			12.53.48
2	1033	Veale, Kate	West Waterford A.C.			13.18.20
3	337	Dennehy, Fiona	St. Senans A.C.			15.19.03
4	1085	Casey, Caoimhe	St. Brendan's A.C.			16.01.47

Women's Long Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	302	Power, Nicola	Ferrybank A.C.	X	4.83	5.39	X	5.33	5.48	5.48
2	1095	Dolan, Cheryl	Na Fianna A.C.	X	4.94	4.95	4.76	X	X	4.95
3	1029	Boyle, Patricia	Cranford A.C.	X	X	4.65	4.72	4.67	X	4.72
4	1034	Buckley, Helen	Raheny Shamrock A.C.	X	X	4.07	X	4.42	4.40	4.42
5	1084	Brick, Emily	St. Brendan's A.C.	4.27	X	4.28	4.38	4.24	X	4.38

Women's High Jump

Place	No	Name	Club	1.50	1.55	1.60	1.65	1.70
1	331	Daniels, Rosemary	Na Fianna A.C.	-	O	O	O	XXX
2	339	Lanigan, Mary Kate	Kilkenny City Harriers A.C.	O	O	XO	O	XXX
3	1034	Buckley, Helen	Raheny Shamrock A.C.	-	O	O	XXX	
3	326	Mc Namara, Claire	Athenry A.C.	O	O	O	XXX	
5	1090	Basquille, Caoimhe	Sli Cualann A.C.	-	O	XXX		

Women's Shot Putt

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	1095	Dolan, Cheryl	Na Fianna A.C.	9.07	9.35	9.09	9.33	9.56	9.05	9.56
2	326	Mc Namara, Claire	Athenry A.C.	9.41	8.90	8.23	8.82	X	8.52	9.41
3	1055	O'Malley, Aoife	Bilboa A.C.	8.74	9.23	9.27	9.24	8.91	8.93	9.27
4	1034	Buckley, Helen	Raheny Shamrock A.C.	8.41	8.98	9.06	9.16	8.48	9.03	9.16